

## Demonstration on drug-free healing organised

EXPRESS NEWS SERVICE

**Bhubaneswar, Dec. 7:** The regional branch of Indian Institute of Public Administration (IIPA) organised a demonstration workshop on 'Zen and the art of drug free healing' at its office here on Saturday.

Murali Menon from Kerala who is an expert in ZenNLP system addressed the workshop as the resource person. He explained that ZenNLP is a combination of meditation with Neuro-linguistic Programming.

It is a school of psychological thought which believes that meditation can multiply mind power manifold to reach goals in life.

"Meditation can do wonders and positive thought is the secret of success and happiness in life," he observed.

Menon would be in the State for a month to study more on tribal way of meditation and hold a few more workshops as per the request received from some corporate houses and educational institutions.

The demonstration-workshop was chaired by N.R. Hota and coordinated by IIPA branch secret